



# THE SEGNOGRAM



5 CENTS  
A COPY

50 CENTS  
A YEAR

## The Best Magazine

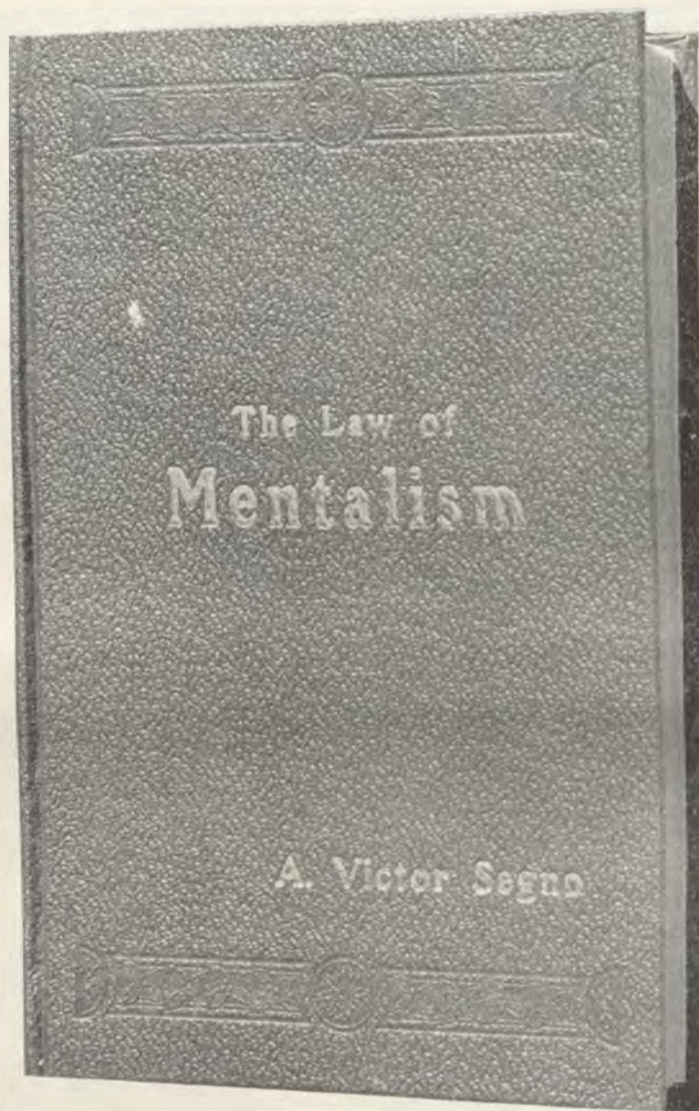
SEGNOGRAM PUBLISHING COMPANY  
LOS ANGELES CAL.

THE SECRET OF  
**Thought Transference**  
and Mental Telepathy  
FULLY EXPLAINED

---

*THIS great book tells exactly how to send your thoughts to others and how to attract their thoughts to you, no matter where they may be*

---



---

*THIS Secret is worth thousands of dollars. It tells how to attract successful ideas and plans and how to win the influence of anyone you desire*

---

LEARN TO SEND TELEPATHIC MESSAGES

# The Law of Mentalism

WILL TEACH YOU HOW

30,000 People are Successfully Using this Method

WRITE FOR FULL PARTICULARS TO  
The American Institute of Mentalism  
701 N. Belmont Ave., Los Angeles, Cal.

# THE SEGNOGRAM

Vol. III.

Los Angeles, Calif., February, 1905

No. 5



THE HOME OF THE SEGNOGRAM

THE  
  
**SEGNOGRAM**  
 A Monthly Magazine      A Victor Segno - Editor  
 Los Angeles California

Entered at the Los Angeles Post Office as second class matter.

SUBSCRIPTION

|  |                 |
|--|-----------------|
| United States, Canada and Mexico ..... | 50 cents a year |
| All Foreign Countries .....            | 75 " "          |
| In the City of Los Angeles .....       | 60 " "          |

Postage Prepaid

TO ADVERTISERS

No medical or objectionable advertising will be accepted or printed in this magazine at any price. Advertising rates sent on application.

CHANGE OF ADDRESS

Notice of change of address should be sent to us at once as the postal rules forbid the forwarding of magazines without the payment of additional postage.



YOUR SUBSCRIPTION EXPIRES

When this circle is marked with a blue cross it signifies that your subscription has expired and that you should renew it at once.

If you receive a copy of this magazine and are not already a subscriber, it is an invitation to subscribe. Accept the invitation.

GRASPING OPPORTUNITIES

"Mental power cannot be got from ill-fed brains."—Herbert Spencer.

What a serious mistake is perverted aspiration. Many a life is worse than thrown away by this blunder of folly or vanity. It is in human nature the most effective and noble qualities of the higher nature of man to aspire. Without some aim, some end to work for, a human being would be a clod. But what a pity when this quality is set to the key of foolish ambition and all life's energies, all mental activities and purposes are consumed in a struggle for ephemeral satisfaction. By this absorption of mind in the trifling pursuits of the hour the higher consciousness is entombed, and the horizon of life is contracted to diminutive proportions. Why should the energy and mental activity of woman be consumed by an ambition to wear richer garments and more costly jewelry, or to furnish her dwelling more royally, or in any way to outshine her neighbor? She is not making herself wiser or nobler. Is she any happier for such distinction? Does she ever reach the climax beyond which no more is desired when she finds herself the possessor of the most admired or envied outfit?

Then this display, which is not a temperate enjoyment of normal aesthetic tastes, but an unworldly ambition to outshine others, or at least, to keep up to the standard which must be maintained by a continual supply of money. This may involve the absorption of the life, the energy and mental powers of the father or husband. So two lives are swallowed up in the pursuit of a vain show of perishable things and the achievement of puerile satisfaction.

Because man has been so slow in learning how valuable are the possessions of mind, he has acquired an inordinate estimate of the value of things. Because he has not a true self-respect based on the consciousness of possible powers to be developed and the stimulus of ideals to attain what will make of himself the noblest and most useful, he has set his goal at the low altitude of accumulating possessions as the chief aim and end of life. And today the forces of civilization of the evolution of man's constructive powers and faculties of insight and discovery, are compelling the man of enterprise and of ambition, in order to keep pace with the rushing tide of gain-seeking, to such strain and stretch of energy that frequently the result is the sudden snapping of the thread of life. The overstrained nerve force breaks, and "heart failure" is the dismal outcome of a consuming ambition of unrelaxed energy, of perverted aspiration, of a wasted life. What was sought as success becomes disastrous failure.

The accumulation of things, the exercise of mental powers and energies in making provision for the necessities and comfort of physical bodies and gratifying aesthetic taste, is orderly and desirable. The increase of wealth may be made to promote the advancement of humanity; but, that acquisition should so absorb one's powers, that physical welfare should be imperiled and welfare of the real man ignored, is deplorable.

The real life of man a human being is not a race to outstrip the achievements of another. The real life is a race to achieve the highest ideal which we are able to conceive, and each point we gain enlarges our horizon and expands our idea.

This is the orderly proceeding of a true aspiration, an aspiration that is working in us toward the development of the noblest uses of life of which we are capable, an aspiration to achieve excellence for its own sake.

Proper culture and education is the knowledge of how to use the whole of one's self. Men are often like knives with many blades; all the rest are buried in the handle, and they are not better than they would have been if they had been made with but one blade. Many men use but one or two faculties out of a score with which they are endowed. A man should know how to make a tool of every faculty—how to open it, how to keep it sharp, and how to apply it to all practical purposes.

The successful individual is the one who habitually grasps every opportunity, no matter how trifling it may appear. Although he may work industriously for a time without making any great showing, he will be conscious of a gradual advancement which will finally lead to perceptible achievement. Everyone is given, at least, one great opportunity; besides the lesser ones which seem to point the way towards successful preparation for future work; but the high places the world has to offer are not to be gained at a single leap. There are no electric elevators at command which will carry us triumphantly from the street level—where masses of our fellow-beings are struggling along, or hurrying and jostling one another in their mad rush for fame or fortune; or in the endeavor to procure the pitiful crust that will serve to keep them from starvation—to the observatory on a level with the clouds, where we look down in pity upon the crowds whose eyes are for ever fixed on the earth, who are blindly straining every nerve, and exhausting every energy in their attempts to follow leaders as blind as they themselves are. Step by step we must climb, grasping little opportunities as the traveller lays hold of the clinging vine or hardy shrub without which he will fall in scaling the bare cliffs or in gaining the smiling plateaus where he may rest and refresh himself. With these little helps he reaches delightful halting places where he may glance backward over the rugged mountain-side taking a retrospective view of the dangers and difficulties he has overcome. He may then gird himself afresh for the steep ascent, and with steady determination to reach heights he cannot, as yet, even dimly discern, start forward with renewed hope and energy. The habit of recognizing and taking advantage of small opportunities will ultimately result in the possession of power to create or make others.

One person cannot produce more beautiful colors than another, or, indeed, perform any task more satisfactorily than it is ordinarily performed, without mixing brains with the other ingredients necessary to the form of accomplishment he has undertaken, and the keen observer is the one who is the most likely to do this. A story is told of a number of shepherds in Brazil, who, weary of their occupation, made up their mind that gold-digging offered a much shorter route to fortune. Like many persons who consider themselves much wiser than these humble herdsmen, they believe that success must be almost anywhere rather than in the locality they were familiar with. Accordingly they set out for the "diggings" in California, carrying with them a number of bright pebbles they were accustomed to play checkers with. But few of these pebbles were left when they reached San Francisco, the others having been lost. Judge of their chagrin when they were informed that these "pebbles" were diamonds. Naturally, they hastened to retrace their steps, but the opportunity they had let slip through their fingers was ever out of their reach. The mine from whence they had been taken had passed into the hands of the Government before they again stood on Brazilian soil.

Disraeli says, "the secret of success in life is for a man to be ready for his opportunity when it comes," and his career amply verified these words. Employed as errand boy by a law firm, at the age of seventeen, he made such good use of his spare time that his father was advised to educate him for the Bar. His "Vivian Grey" was published when he was but twenty years of age, and was one of the most remarkable books ever produced by so young an author.

It is altogether unsafe to trust to appearance. The man, who, in the estimation of his friends, has been one of the "lucky ones," may have striven and struggled while his admirers were sleeping and feasting. He may have reached the verge of despair before the first foothold was gained by which he might climb upward, instead of being drawn slowly from all light and life to the darkness and death that await the man who allows himself to venture upon the quicksands of idleness. Emerson says: "the world is not clay, but rather iron in the hands of its workers, and men have got to hammer out a place for themselves by steady and rugged blows." This is so true that only he who is ready to wield the hammer right manfully, can hope to look upon his life as a worthy one. All men are not alike. Every aspiring youth cannot hope to be a Washington, a Napoleon, a Caesar, a Socrates yet may reasonably expect to be great through the accomplishment of work, no one of these great men could have done as well.

### Early Lessons in Kindness or Cruelty

"Thoughtless and unfeeling conduct," says Mrs. Mary F. Lovell, "which rapidly develops into downright cruelty, is exercised first and most largely toward the brute creation, because of its helplessness and the larger opportunity. It may begin very early. An innocent baby will, in his exuberant happiness, squeeze a poor kitten nearly to death, and try to put his fingers into its eyes; but the baby's innocence is no reason for allowing him a pastime which gives pain to a living creature. The kitten has rights which even a baby can be taught to respect; and the baby has the right to an early training which will make him, by and by, a benevolent and humane member of society, and not a selfish and thoughtless one."

From the societies for the Prevention of Cruelty to Children we can learn how often little children are cruelly treated by those who ought to protect them. It is but a natural sequence. When the father was a baby he tormented the kitten; as boy he abused the dog; as larger boy he bullied the smaller one, and as husband and father he tyrannizes over wife and children. He has never learned to control his temper; he has never known what it was to protect the weak; he has never learned to regard the feelings of others—what can you expect of him now? The child's sense of justice is keen, and he knows when he is punished simply because father or mother is in a temper and must vent it upon something. Is it any wonder, then, that the child grows surly and resentful; that he learns readily to deceive, and that the life of the father is repeated over again in the child?

Many a mother gives all unconsciously to her child his first lesson in cruelty. Baby is seated upon the rockinghorse, a whip placed in his hands, and he is told, "Now, whip the old horse and make him go." Katie is teasing the cat and making her cry and the mother says, "Don't pull the pussy; she will scratch you." Tommy is pinching the dog to see him squirm, and she says, "Don't hurt Rover, Tommy, he might bite you." Oh, mother, do you realize that you are teaching your child that there is no harm in inflicting suffering upon anything provided he is not himself hurt by it? Johnny starts to run across the room, trips over a chair and bumps his nose on the floor. Johnny cries, and his mother says, "Naughty chair, to make Johnny hurt himself; beat the old chair," and she immediately proceeds to administer condign punishment to the unoffending chair. She is teaching the child that instead of controlling his temper, he must give full vent to it, and that if he is hurt, instead of bearing it like a man, he must revenge himself upon something, whether innocent or guilty. What will be the result of such a training?

A little four-year-old toddler was pulling at his mother's skirts and teasing her to play with him. "Oh, don't bother me now," said the mother; "run away and chase the old lame hen round the garden," and the little one ran off eager at the prospect of his fun. Fifteen years later, when this same mother was enfeebled from sickness, she was bemoaning with wonder why it was possible that her boy, for whom she had done and sacrificed so much, should be so unfeeling in his treatment of her. The seed she herself had planted and watered had sprung up and was bearing abundant fruit, and she did not even recognize that it was from her own sowing.

When the thaw came after the great blizzard and the water was running in rivers in the gutters, two little girls of eight and nine were seen holding a tiny kitten under the wa-

ter until she was almost drowned; then lifting her out to revive, when they would again put her in the water. These were children of families of good social position in the church and in society, but what home heart-training could they have had, and what kind of mothers will they make in the years to come?

Baby stretches out his little hand for the fly buzzing on the window-pane, and laughs and crows with delight as he crushes it in his tiny fist, or pulls from it limb after limb. These first destructive instincts should be checked then and there. If baby is old enough to have those instincts developed, he is old enough to be restrained from them.

I quote from another: "I know of a baby fourteen months old who has been taught not to touch flowers, but only to smell them; and not to touch the cat, although he is perfectly delighted with her. After a while, when he is old enough to understand, he will be allowed to touch her very gently; and he will be much more likely to always treat animals kindly and gently than if he had been allowed to handle the cat or other pets as he would a toy that squeaked when it was pinched."

Do not place in the hands of your child such toys as whips, guns, and swords, but teach him rather that needless wars and cruelty are crimes. Teach him to find delight in studying the birds with an opera-glass instead of shooting them, and to take pleasure in feeding them rather than in robbing their nests. There is no surer way to teach a child to be unselfish and thoughtful for others than to make him considerate of the feelings of his pets; yet this fact seems to be utterly lost sight of in the training of many children.

The following incident which took place on a railway train illustrates another way in which some mothers unconsciously give to their children lessons which will develop results they little dream of. The gentleman who told the story said that it reminded him forcibly of what we are all too apt to forget—that our children do as we do, rather than as we tell them. He said: "On the two seats in front of me sat a mother and three children, aged about three, five, and eight years. They had evidently been traveling a long distance and were thoroughly tired out. The oldest, a boy, was twisting about in his seat after his mother (evidently anxious that he should behave well) had told him to sit still. Out of patience, she hit him a sharp blow on the leg, which made him cry a little, after which he sat with sullen look on his face, evidently feeling the injustice of his punishment. In a few moments his little brother did something that displeased him and he immediately gave him a slap in perfect imitation of what had been done to him. This action received a very slight reproof. I felt strongly tempted to talk pleasantly with the mother and try to show her the inevitable result of such treatment. I have been very sorry ever since that I did not, for I believe that every mother really wishes to do the best that can be done for her children."

Strange, indeed, that so little attention should be paid to developing tenderness of heart, yet we all know that the strongest, noblest man is he who unites with that strength tenderness and pity for the weak things of earth. Teach the child to be brave and strong, for to protect the weak and helpless often requires great moral courage. Teach him that it is cowardly to abuse any being weaker than himself, and that he must respect the rights of every creature. Teach him never to find his pleasure at the expense of another's pain and to love and protect whatever is dependent upon him. Think you that a child so nurtured could deal harshly with wife and children when grown to man's estate, or

spend his earnings in the bar-room when his family were suffering for food? Show the children what an immense amount of happiness they gain for themselves in the love and devotion won from their four-footed friends, and open out before them an endless field of interest in the study of the wonders of the animal creation. Teach them that dumb creatures feel and suffer; that they have intelligence, that they have hearts full of faithful affection for us, if we are only willing to receive it.

O loving mother, put your child into the arms of Old Mother Nature and let her fill his heart with pure and innocent and holy thoughts! Teach the little one to love the woods and the fields, the flowers and the birds, and to call his horse and his dog his friends, and you have added to his capacity for happiness a thousand-fold. Give him a glimpse of the wonders to be seen in the study of the animal creation, and you have opened out before him a field of interest and pleasure which a lifetime cannot exhaust. There is no surer safeguard you can give your boy than to send him into the world with this love of nature filling his heart. He has learned to "look through nature up to nature's God," and to know the Creator, not as an abstract being, but as a living, breathing Presence. The man whose heart has been thus kept pure and tender, whose soul is filled with divine love and compassion for the suffering dumb creatures whom he calls his friends, can never become hardened in sin; it would be a moral impossibility.

### My Rule

While every season should be one of peace, harmony, and good will toward men, the exercise of these virtues is usually reserved for Christmas-tide. In a retrospect of the passing year we should not measure its achievements only by the credit side of the ledger, but we should inquire as to what mental, moral, and spiritual progress we have made. The vital question with each one of us is not how can I live successfully and happily, but also, how can I help others to live so. No one can be wholly happy who, having the power to make others happy does not do so. But we must have a true conception of what constitutes happiness.

The present age which has created more happiness than any other for those who give and for those who receive help, is causing more men to realize that they increase their own happiness by doing what they can to make others happy. The conviction is spreading that the noblest work of life is doing good.

Happiness, success, and contentment are the result of righteous living, the fruits of the exercise of the golden rule and these are greater than vast riches and material power.

The present is a good time to forgive your enemies and thus convert them into friends.

F. J. W.

I am highly pleased with the enlarged new form of The Segnogram. I anxiously await the arrival of every new number, and read every page of it with ever increasing interest. I can truly say, it is the best magazine of its kind that has ever come into my home. It is always full of helpful and inspiring reading. We need more of such clean, pure, wholesome literature in every home.

Yours for success,

REV. E. ATEN, *Reesville, Ohio.*

A man that's close we all despise—  
He wearies us, we find—  
But when a girl with laughing eyes  
Is close we do not mind.

**PROSPECTS OF THE NEW YEAR**

By Mead H. C. Powells

The "old year" has already lapsed into oblivion and we all look forward to brighter prospects for the "new year." Some to bigger salaries, others to larger profits, and all we to better friendship and a higher standard of living.

At Christmas it is our custom to send to our friends Xmas cards and other gifts which are calculated to enliven and broaden the

Certainly, there are no satisfactory reasons why we should not act in the same way. If we took a delight in making other folks happy all through the Christmas season, what must be our reward? Undeniably we would, ourselves be happy all through the year next ensuing.

As we evidently cannot send gifts and presents to everyone we should endeavor to give something which costs us little, whereas it would be worth a fortune to the recipients.

I am going down the street and meet a busy man. I *will* that he will feel happy on meeting me. I look at him unblinkingly and determinedly, and as I come near to him a smile has stolen over my face and I say *good day* positively, not "Goday." I lay stress on *good*. Though Shakespeare's antagonist could not agree with him that all man should have "music in himself" and he demonstrated by some means, that those who had no music in themselves were more reliable men than the



THE OPEN COURT AND FOUNTAIN

mind by making the individuals happy, but unfortunately we neglect our enemies and those who are "below" us.

It is not so with the magazine which is devoted to the encouragement of better living and higher thinking, which is of course the instigator of right-doing. The magazine is edited and published to be read by everybody under the sun if possible; it is published more especially for those who consider themselves enemies to the promoters.

Gifts are all emptiness—"all is vanity," said the preacher. I suggest that we send them our best thoughts for Happiness, Health and Prosperity. It is not necessary that we should greet every one in this way, but it is necessary that we should send a telepathic message to mankind generally. If there were more philanthropists, of course the world would be better and if we encouraged pessimism in a smaller degree, mankind would be happier, healthier and stronger.

others; I say that this busy man, whether or not he had "music in himself," would be obliged to reiterate my smile with a feeling of happiness and a sense of duty. The care of business is, for the moment, lifted from his shoulder, and he is made happy. But this is not all, I am myself made doubly happy in return!, and at the end of the year I balance my accounts and find that I am thirty thousand dollars richer than last year, I attribute it to what?

## IF WE ONLY UNDERSTOOD

Could we know the heart's fond longing,  
 For the good, the grand, the true:  
 Could we know the bloodless battles  
 That the soul has struggled through:  
 Would our words condemn the error  
 Of the passing hour that's flown,  
 Would our tongues be half so ready  
 With the first rough, cruel stone?  
 If each heart were open to us—  
 If it's warp and woof we saw—  
 Oft we'd find the gold of virtue  
 Where we'd thought to find a flaw,  
 Often should we see in others  
 Much of favor, much of good,  
 If we could but know their motives,  
 If we only understood!  
 Understood that life's hard battle  
 For a brother overwrought  
 Might be lightened, might be brightened,  
 By our loving word and thought.  
 If we'd know hearts have no sorrows  
 But our sympathy could share,  
 Would we speak our words more kindly,  
 Would we breathe for them a prayer?  
 Then we'd know that every sinner  
 Had some golden grains of good;  
 Yes, we'd love each other better  
 If we only understood.

## NOW—NOT TOMORROW

Not until the final account books are made up on the Day of Judgment will be known the number of lives wrecked, homes disrupted, fortunes and opportunities lost, and duties undone—all from the fatal habit of procrastination.

The Filipino answers your urgent appeal to do some needed task, with his eternal "Manana"—"tomorrow," and the tomorrow, as likely as not, never arrives. But how much better are many of us who do not live in an enervating climate and who share in the hurry and hustle of American life? It is so easy to put off things, especially if they are irksome or disagreeable, or we feel unusually lazy.

And so the rip in the dress becomes a vexatious tear; the dropped stitch in the stocking soon requires an extensive darn; the neglected cellar or pantry or well induces disease; the delay in proper treatment of man or beast produces death.

We forget or postpone the word of cheer, the kiss of greeting or goodbye, the assurance of our affection, and hearts are saddened and embittered. The husband says—but not aloud—"my home is very pleasant. I certainly have a good wife." Why doesn't he say it to her now? Why does he wait until she is lying, cold and pulseless, with her tired hands folded across her breast, unheeding either kind word or bitter grieving?

Children, tell your parents how much you love them, and show by your actions that you do. Parents, give your boy and girls more kisses and words of praise while they are with you—they will never forget it when they are grown. Don't let them carry through life the memory of fault-finding, nagging and harsh treatment.

"Do the thing that lieth nearest," and you will make no mistake in duty. Perhaps a good rule is that by which a certain woman carries on her household affairs. If there is some one thing she particularly dislikes in the daily routine of cooking, cleaning, sewing or mending, she does that thing first—then it is out of the way and off of her mind.

The uncertainty of life, if nothing else, should teach us the necessity of doing today whatsoever our hands find to do, for tomorrow is not ours; we have no guarantee that

we shall ever see it. Today is our golden opportunity. Do not let it go by unimproved.

"Look not mournfully upon the Past—it cometh not again. Wisely improve the Present—it alone is thine. Go forward to meet the shadowy Future without fear and with a manly heart."

## DON'T NEGLECT BUSINESS

To neglect business is to reject success. There isn't anything else for it. The man who is careless about his appointments, lavish in his promises, and negligent in keeping them, whether he be preacher, teacher, merchant or roustabout—and one calling is as honorable as another, provided the man that fills it is as honorable as the other—is doomed to failure. The sooner we realize this and mend our ways, or stand aside and make room for another, the better will it be for all.

Men are full of fault-finding. They are ever ready to blame others for their failures. They believe if they could just have things to their liking they would do such wonders! But, really, no man ever succeeded who was able to travel all the distance from start to finish in an automobile. No man could get up enough ambition to succeed in anything on a bed of roses. There might be roses bordering the path of success, but it's the thorns that spur a man on. He feels them, while he does not even see the roses.

Success cannot easily be won. No man ever did win it easily, and no man ever will win it easily. It doesn't grow on low hanging bushes.

The man who is always grumbling, is always fumbling. While he is complaining of this difficulty and that, and bemoaning his lot, somebody else by his side is working out problems and surmounting difficulties far greater than his. And without a whimper!

Why, bless you, it never was intended that man should live without having something to overcome. Life wouldn't be worth living if there were no trials to test us and give us more strength and courage. All trials are blessings.

We plead for more grace, more faith, more love; and neglect to exercise what we have! Go ye to a professional gymnast and ask him to increase your muscular power, your agility and bodily grace. Will he tell you to go home and what you ask for will be sent you by special carrier? Not much! He lays out a course for you to follow that compels you to exercise—*exercise*—what you've got. You can get no more until you do. Thus we find it in all of the faculties of the brain and heart. We grow strong in the things we exercise. That is why obstacles make for success. Each gives us strength for the next.

H. M. WALKER.

## WHAT TO TEACH YOUR DAUGHTERS

Teach them to cook and prepare the food for the household.

Teach them to wash, to iron, to darn stockings and sew dresses.

Teach them to make bread, and that a good kitchen lessens the doctor's accounts.

Teach them that he only lays up money whose expenses are less than his income, and that all grow poor who have to spend more than they receive.

Teach them that a calico dress paid for fits better than a silken one until paid for.

Teach them to purchase and see that the accounts correspond with the purchase.

Teach them good common-sense, self-help and industry.

Teach them that an honest mechanic in his working dress will suit better for a husband

than a dozen haughty, finely-dressed idlers.

Teach them that happiness of matrimony depends neither on external appearances nor wealth, but on the man's character.

## BIRTH AND IMMORTALITY

By Dan S. Giffin

A little child is born; a life begins to be That never was before—a marvelous thing to see!

And yet so common that it seems not strange to me.

He grows to man's estate—he dies—and is no more!

'Tis said, his life begins upon another shore; That death—to life beyond—is but an opened door.

Not near so wondrous is that life which once has been

And ceased to be, should then commence to be again,

As is—that life which never was should once begin.

Why, then, need doubt that future life exists for men?

## WHEN IS A GIRL REALLY IN LOVE?

This is a problem that every girl has to face at some time of her life, and much misery has resulted from a woman thinking she was in love, when she really only had a liking for the man.

If I could say one word more earnest than another it is to entreat my girl readers to be careful not to mistake a passing tenderness for the grand passion.

Then see that you don't fall into the peculiarly dangerous error of thinking you are in love with a man because he is in love with you. It is hard to be firm with any one who has a tenderness and is fond of you, and it shows so much good taste, and good feeling and appreciation that you can't help liking them for it.

It is infinitely appealing to a woman to know that she is making a man unhappy, and when she sees the look of dumb pain, she lacks courage to repeat the offence, and by and by she comes to believe that her pity and sympathy for him is love.

It's strange but it's true that many noble and good women make a mistake in love, and this is why so many good women are married to ne'er-do-wells. The man throws himself upon her mercy, and makes her believe that she alone can save him. She is flattered, and there being a strong element of the reformer in every woman's nature, she is won over. She easily fancies herself in love, and by the time that she finds out she isn't, it is for ever too late.

If there is one woman among my readers who thinks she is suffering from a blighted love and a broken heart, let me say to her that she will find work an unfailing specific for it. Only the idle are sentimental, and the woman who is the victim of unrequited love, has only to get busy, to have a complete cure effected, and her heart left in good working order.

There is nothing in life more important than that a woman guard her heart well for the right man. Don't mistake pity or the desire to help a man for the love that makes the world go round, or every thrill of admiration to be undying affection, and every heart-throb eternal devotion.

But when the time comes, when one man's faults are dearer to you than another's virtues, when you never weary of being with him, when you think his common-place utterances the embodiment of wit and wisdom, when you don't care whether he is handsome or distinguished, or rich or poor, but only that he is he, then you may go ahead, and may yours be a happy married life.

# The Growth of Los Angeles

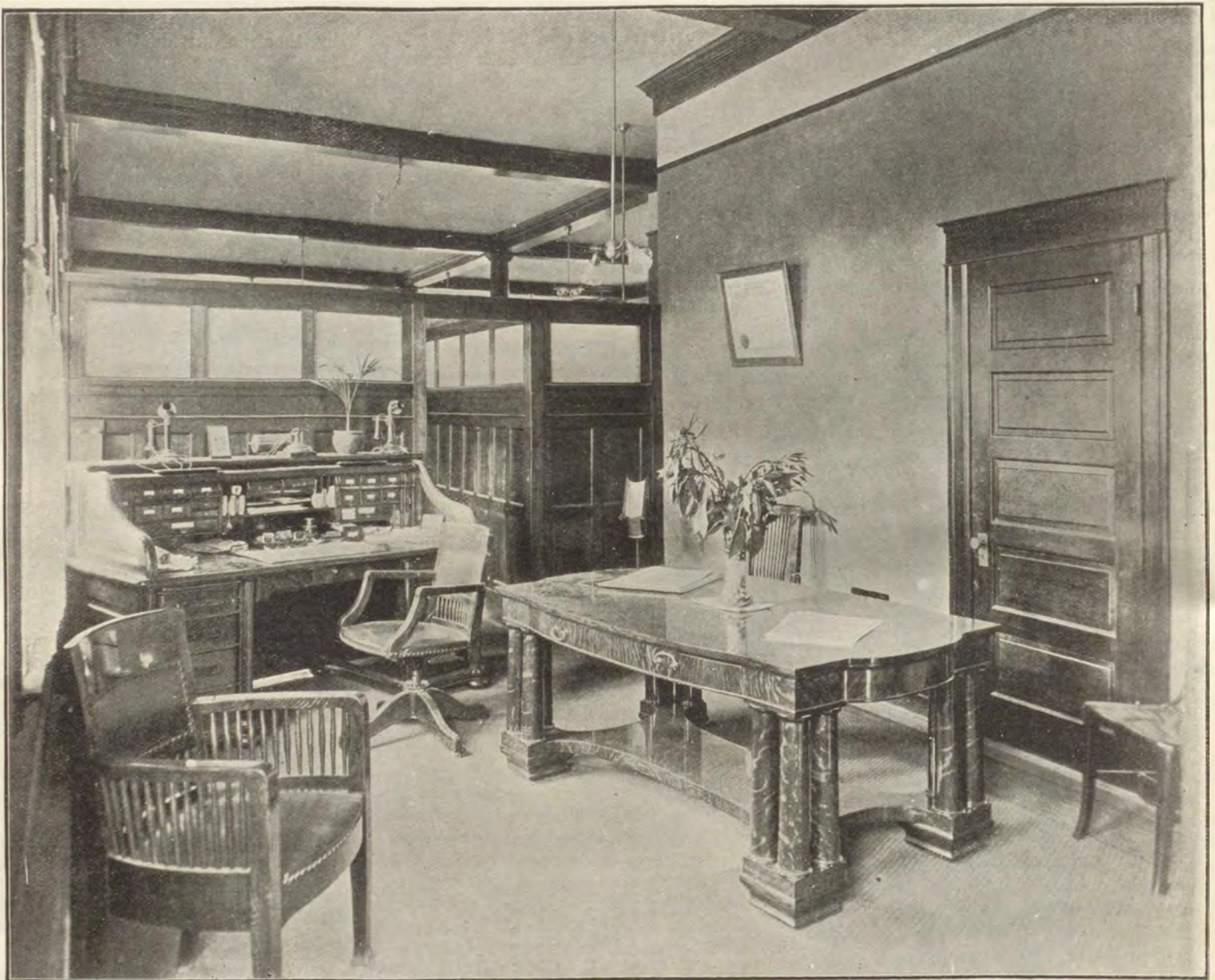
Los Angeles is growing more rapidly than any other city in the United States.

A rich and prosperous metropolis of a rich and prosperous land—such is Los Angeles. As population flows into Southern California and advances the development of her boundless natural resources, the mother city where the commerce of the region is concentrated grows "pari passu;" development in the one case is simply the reflection of development

homes that have made Los Angeles world-famous. Each of these homes, even at this season of mid-winter, is set amid flowers and greenery, in the streets there is no snow slush under foot, as in eastern and northern cities, in the manufacturing quarter there is no coal smoke to dull the translucent atmosphere, for canyon streams from afar are sending in their electric power and the supplemental oil fuel in general use burns clean and clear.

awakening of trade with the Orient that will before many years make the Port of San Pedro no mean rival of San Francisco.

Today, Los Angeles may properly be described as the hub of the Great Southwest. It is the natural financial and commercial center of all the great mining and irrigating enterprises that are in operation, or about to be undertaken, in the vast and mostly undeveloped stretch of territory that extends from



OFFICE OF A. VICTOR SEGNO

in the other. So if the new arrival wishes to get a grasp of the wealth of Southern California, let him survey first of all the city of Los Angeles. From the roof of one of our towering office buildings he will have a bird's-eye view that may well fill him with astonishment when he reflects that twenty years ago this was but a little semi-Mexican town drowsing in the sunshine. Today, in the main city thoroughfares beneath his feet, he beholds the business bustle of New York, along the old river bed a small Pittsburg of factories and workshops, away toward the west and the south, as far as eye can reach, a sweep of parklike lands covered with the beautiful

In olden times it was said that "All roads lead to Rome." Today it looks as if all roads led to Los Angeles. The railroad builders of the nation have their eyes on this section. They recognize the fact that Los Angeles holds the key of the most convenient door that leads from America to the Orient, located, as it is, on the shortest route, by the easiest grades, between the two great oceans. Already the traveler from Los Angeles to the East has the choice of three routes, to which, within a few weeks, will be added a fourth, by way of Salt Lake City. Then, with the early completion of the government breakwater at San Pedro harbor, will come an

Fresno on the north to El Paso and Sonora on the south.

Los Angeles is the natural center of the petroleum industry of the southwest, an industry that has grown with remarkable rapidity during the past few years. California will soon lead all States of the Union in the value of the petroleum output, practically all of which output has so far come from the southern end of the State. Already this State produces nearly one-fourth of all the oil produced in the United States. This means much more to Southern California than the mere value of the oil so produced, important as that is. It means that manufacturing en-



terprises are rendered possible and attractive to capital that would be out of the question if we had to buy coal for the cheapest price at which it is obtainable.

This brings us to the subject of manufacturing. As recently as ten years ago, in discussing the future of Los Angeles City, the most enthusiastic boomer would never claim that it was ever likely to become an important manufacturing center. This, mainly on account of the prevailing high cost of fuel. Today it is evident to the most obtuse that this is destined to be a manufacturing city of great importance.

The population of Los Angeles today is conservatively estimated at 170,000, an increase of 70 per cent. over the census figures of June, 1900. Should this rate of increase be kept up until 1910 the census figures for that year should credit Los Angeles City with a population of fully 300,000, or about as much as the seven southern counties of California contained five years ago.

The inrush of newcomers to Los Angeles and the surrounding country during the past year has been such as to astonish the oldest inhabitant. That a large number of these newcomers will be permanent residents is amply shown by the immense number of residences that are going up all over town.

For the fiscal year ending November 30, 1904, permits for 7040 building improvements, for amounts aggregating \$12,892,479, were issued.

It will be noted that the greater number of the improvements were dwellings, and that the greater number of these were story-and-half and single-story structures, that is to say, cottages. It is a fact, moreover, that the cost of the greater number of these cottages is sufficient to permit of their being supplied with modern conveniences. Many of them, in fact, are little gems of comfort, and are as elegantly finished as the more expensive residences of this and other cities. Philadelphia is often spoken of as the "City of Homes." Los Angeles is, undoubtedly, the city of homes of the Pacific Coast. In the building reports of the leading cities of the country for November, as compiled by the Construction News of Chicago, Los Angeles is credited with issuing more building permits than any other city in the country except Brooklyn. That city issued 880 building permits, Los Angeles 695, and Philadelphia 669.

While the greater number of building improvements undertaken during the past year, and during the past few years, were dwellings, the number of business buildings, flats, handsome apartment buildings and fine hotels erected here during the periods under consideration were by no means insignificant. Moreover, the buildings of the classes last described were in nearly all cases structures in which not only the present importance, but the future greatness of Los Angeles was amply provided for. Many of them were structures that would be good enough for the largest cities of the country. Civic pride and confidence in the future of this city, however, causes the capitalists who build them to think that they are none too good for this young and growing metropolis of the Great Southwest. Faith, backed by works, is the keynote of advancement in this section. During the past four years the number of structures of all classes erected in Los Angeles would comfortably furnish dwellings, business houses and general building accommodations for a city of between 50,000 and 60,000 inhabitants, and it is probable that during that time the population of this city has been increased by something near that number of people.

The outlook for the immediate future of the real estate market in Los Angeles is cer-

tainly bright. The city is growing with amazing rapidity, and building is more active than it ever was.

Indications point to the fact that the army of home-seekers who will invade Southern California during the early months of the year will be phenomenally large.

Another important fact to bear in mind is that the suburban electric lines, of which a network is now being constructed, have the effect of making residence sites twenty miles out as available for business men as sites only two miles distant from the business center were, twenty years ago. This should have the double effect of enhancing the value of suburban property and keeping inside residence property from soaring too high.

It is probable that, in course of time, most of the orchards and vineyards of Southern California will have to make way for small suburban homes, inhabited by people of some means, who have to spend the closing days of their life in this balmy climate.

In conclusion it may be added that the ultimate destiny of Los Angeles is greater than many of the most optimistic of its old-time citizens have yet dared to anticipate. In the years that are yet to come—and, in the years that will soon come, as time is measured in the growth of a city—Los Angeles will be one of the really great centers of population of this country, with a trade and commerce proportionate to population.

## How to Succeed

On Sunday morning Rev. C. C. Pierce, pastor of the Memorial Baptist Church, Los Angeles, preached on the subject of advancement during the new year, taking for his text Psalm xc:12, "So teach us to number our days, that we may apply our hearts unto wisdom." He said:

"The man who speaks of New Year's resolutions with a sneer has lost his hold on some of the best and truest and safest things of life. Progress is the unvarying programme of the universe, and of all life, and all progress is achieved by having and carrying out some purpose. To have no high purpose and to be seeking nothing higher or better is to have reversed the true process of life, and to have begun the sure journey to the grave.

"If we are to achieve the better things of the future, let us remember at the outset, that we have not reached the limit yet. The man, the nation, the church, which supposes that there is nothing better to be attained further on, becomes only a derelict floating upon the great ocean of life, and a hindrance, and a menace to all real life. God spare us from the man who supposes he or his church or his party possesses all wisdom, and that there is nothing better to be attained a little further on.

"Don't think you can't get there. Know that you can and that you will. Recognize that there is something better and be perfectly confident that you are going to attain it. Don't give up. The world has yet to learn the subtle and immeasurable influence of that positive attitude of the soul toward the things of life, which masters, where a different spirit surrenders. It was the dominant, fearless spirit the other day at Folsom prison, which saved a great tragedy, and the escape of large numbers of dangerous criminals. The same spirit in life conquers in the face of every foe.

"Don't get old. The silliest thing on earth a man ever preached is for man to prepare to die. Prepare to live, and live well and make arrangements to keep on living forever. Don't think that a few years passing over your head is to rob you of life or all interest in life. Some

of the youngest and most vigorous people I know have passed the three score years and ten. One of the master financiers of the age has passed his eighty-eight birthday. Gladstone grew in power almost to the end of his earthly life, and lives yet in English life and history. Such men never die. Let the years add to your life, not subtract from it.

"Look on the bright side of life. There is an angel in every block of rough marble, a diamond in every unsightly pebble, and gold in every piece of seemingly worthless rock. Find these things. Cultivate the habit of cheerfulness. Laugh and the world laughs with you, weep and you weep alone."

"Live one day at a time. Do not think that you can do all that you are ever going to do, nor achieve all that you are ever going to achieve in a single day or a single year, but do today the best you can, and this will give you courage and strength for tomorrow. One of the crowning virtues of a great character is patience, and patience harnessed to a great purpose, will tear down the greatest mountain of opposition, and surmount the most formidable bulwarks which lie across our pathway. Be master of the situation. Be master of yourself. Do not be the slave of habit or of poverty or of superstition or of time, but stand facing life, the uncoronated king of circumstance, and in it all plan for eternity. Every hour, every act, every thought, you are building into an eternal structure. That structure is your character, the one thing you are to retain when you shuffle off this mortal coil. So build this character that it will stand forever."

## Always Keep Faith

Many a woman, who would not think of lightly breaking a promise made to a grown-up person, is utterly careless about keeping her word with her children. She promises whatever is convenient at the moment, and apparently thinks that the breaking or keeping of those promises is a matter in which she can please herself, and that her children have no right to consider themselves aggrieved if she does not do so.

A mother who acts thus does her child grievous harm. She forgets that the sense of justice is strong in quite a little child, and that it is natural and reasonable that he should expect his parents to be as good as their word, and to fulfil their promises, even at the cost of convenience. Promises should not be lightly broken, and the parent who is guilty of this soon loses his children's confidence, which is one of the sweetest things which our little ones can give us.

When boys and girls learn to doubt their parent's truthfulness, they soon look around for someone else whom they can trust, and on that person they shower their affection and bestow their confidence.

## Corner on Ice

An extra piece of ice was wanted. An ice wagon was at a neighbor's door, but there was no small coin in the house wherewith to pay for the desired article.

"Well, never mind," said mamma; "you run out, Blanche, and get a nickel's worth; the man will trust you until tomorrow."

Now, Blanche was not accustomed to dealing on credit, and did not take kindly to the idea, but was moving very slowly to do her mother's bidding when some words in large letters on the top of the wagon attracted her attention and suggested an unanswerable objection.

"But he won't do it, mamma! Look there on the wagon. It says, 'Not in the trust.'"

## The Mysteries of the Human Soul

BY CAMILLE FLAMMARION

The science of telepathy, which was ridiculed by the scientific world only a few years ago, is rapidly gaining ground, and statements which would have been considered absurd at the end of the nineteenth century appear perfectly natural in the beginning of the twentieth.

And, after all, is there anything strange in the idea of telepathy? May not two brains which vibrate in unison several miles apart be moved by one and the same psychical force? May not the emotional force of the brain travel through the ether in the same manner as attraction and strike the brain, which vibrates at any distance whatever, just as a sound through a room makes the chords of a piano or violin vibrate? Let us not forget that our brains are composed of molecules which do not touch each other and which are in perpetual vibration.

But why speak of the brain? Thought with psychic force, or whatever else it may be called, can it not act from a distance on another will through the sympathetic and indissoluble bonds of intellectual kinship? Are not the palpitations of the heart transmitted suddenly to the heart which beats in unison with ours?

Are we to suppose, in the case of the apparitions often seen by responsible persons, that the spirits of the dead have really taken a corporeal form beside the observer? This hypothesis does not seem necessary. In our dreams we believe that we see persons who are by no means before our eyes, which, besides, are closed. We see them plainly as well as in the daylight, we speak to them, we hear them, we hold long conversations with them. Assuredly it is neither our retina nor our optic nerve which sees them any more than it is our ear which hears them. Our cerebral cells alone are in play.

Certain apparitions may be objective, exterior substantial, others may be subjective; in the latter case the person who manifests himself would act at a distance on the person who sees him, and this influence upon his brain would determine the interior vision which seems to be exterior, as in dreams, but which may be purely subjective and interior.

In the same way as a thought, a memory awakens in mind an image which may seem very real, very vivid; so one mind acting upon another may evoke in it an image which for an instant may seem to be reality.

Those facts are now clearly demonstrated by experiments in hypnotism and suggestion, sciences which are still in their infancy, but which give results assuredly worthy of the most earnest attention as well from a psychological as from a physiological point of view. It is not the retina which receives the impression of real objects, it is the optic thalami, which are excited by psychical force. It is the mental being itself which receives the impression. In what way? We cannot tell.

But can we in our age of experimental philosophy and of positive science admit that not only a dying but even a dead person can hold communication with us?

What is a dead person?

A human being dies every second upon the whole surface of the terrestrial globe—that is to say, about 86,400 persons die every day, 31,000,000 every year, or more than three thousand millions in a century. In ten centuries thirty thousand millions of corpses have been given to the earth and returned to atmospheric circulation in the form of water, gases, vapor, etc.

The earth which we inhabit is today formed in part of the myriads of brains which have thought, of the myriads of organisms which have lived. We walk over our ancestors as those who come after us will walk over us.

The brows of the thinkers, the eyes which have looked, smiled, wept; the lips which have sung of love, the arm of the worker, the muscles of the warrior, the blood of the vanquished, youth and age, the rich and the poor alike, all who have lived, all who have thought, lie in the same earth. It would be difficult at this day to take a single step upon the planet without walking over the remains of the dead. It would be difficult to eat and drink without re-absorbing what has been eaten and drunk a thousand times already; it would be difficult to breathe without incorporating the air already breathed by the dead.

Do you believe, then, that this is all there is of humanity? Do you think that it leaves nothing nobler, gentler, more spiritual behind? Does each one of us, in yielding up his last breath, give nothing to the universe but flesh and bone, which become disintegrated and are returned to the elements? Has not the soul that animates the body as good a right to exist as each one of its molecules of oxygen, azote or iron? And all the souls which have lived, do they not still exist?

We have no reason to affirm that man is formed solely of material elements and that the faculty of thinking is only a property of his organization. We have, on the contrary, the strongest reasons for believing that the soul is an individual entity and the force which governs the molecules in organizing the living form of the human body.

What becomes of the invisible and intangible molecules which constitutes our body during life? They become a part of new bodies. What becomes of the souls equally invisible and intangible? It is reasonable to suppose that they also become re-incarnated in new organisms, each one following his nature, his faculties and his destiny.

It is an absolutely incontestable fact, demonstrated by history and science, that in all ages among all peoples and under religious forms the most divers the idea of immortality remains fixed imperishably in the human conscience. Education has given it a thousand different forms, but it has not invented it. The ineradicable idea is self-existent. Every human being on coming into the world brings with him under a form more or less vague this inward sentiment, this desire, this hope.

### The SPIRIT OF MAN

The spirit of a man goes out from him day by day just like the fragrance of a rose—and is good or evil, according to that which enters into the existence of the man.

The rays going out from the sun or from any light-producing material, show us how while the spirit is ever going out from man it is yet at all times in touch with his consciousness so that the life that was is never entirely separated from the life that is.

Science tells us in effect that this spirit is made up of what are called electrons, and that these electrons in passing through the air come in contact with electrons passing out from other bodies, and still go on and on, traveling faster than light.

Now, put your little pet dog on a chair and get down on your knees in front of him and let him teach you a lesson. He will tell you that if you are in a dark room with a number of other people he can pick you out from all the others. This shows that the electrons going out from your body have individuality; that those going from you are just as distinct from those going from another body as the fragrance of the rose and that of the violet are different one from the other.

If you are a hunter, you know that the deer can discern the presence of a man two miles or more away if the wind is favorable to the deer. This shows you that the individuality of the electrons is not lost in space.

Doubtless you yourself have oftentimes thought of a person whom you had not previously thought of for a long time, and suddenly the person is actually present. You have a visitor and immediately you exclaim, "Why, I was just thinking of you."

Now, strike all these keys together, and see if you have not a bit of harmony—showing that the life that goes out from man is still alive and travels about in the atmosphere, and that when the electrons from two bodies in sympathy, with each other come in contact, the contact is immediately telegraphed back to the consciousness of one or both, and that because of the contact of electrons traveling in advance of the material body, persons are oftentimes made aware of impending trouble.

Oftentimes, too, they are made aware of "impending trouble" that never comes, simply because by a doleful habit of thought, they put themselves in sympathy with what we will call the world of doleful electrons. This being so, then by a habit of cheerful thinking they will put themselves in touch with the world of cheerful electrons. That is, by the cultivation of temperament, men put themselves in line to be impressed by all the dolefulness or all the cheerfulness passing their way and are made miserable or happy thereby.

Life in the minutest spore is just as truly life as that which is in the oak, though it is not the same life and does not exist in the same degree. Life in the ant is just as truly life as that of the elephant, though it is not the same kind of life and is not in the same degree.

So life that is in the electrons going out from man is just as truly life as that which exists in the body. The size does not lessen the truth.

Thus, after all, it does not seem such a difficult thing to understand why the life of an individual is a precious and sacred thing, and not simply a something born to be wretched and miserable a while, happy a bit, and then die.

## The Departure of the Swallows

By Lillian Eleanor Clark

One dismal day when the bleak winds were blowing and clouds were lying heavy in the air the sun peeped through a pasture making the scenery glisten.

The swallows under the eaves of a barn in the country viewed this as a sure sign of the coming winter. They were discussing what part of the country to inhabit. Each bird was trying to convince the rest that his

In the waving palm my little ones lie peacefully and perching near, I fill each open mouth with something good to eat.

This was a matter which was to be argued before all present, but each bird did not wish the other to outwit him and in a few moments there was so much excitement prevailing that the birds became bewildered and, in fact, only three swallows, which by the way were some little distance from this disturbance, seemed to have control of themselves.

At last the three composed birds broke this spell of excitement by walking directly in front of the infuriated birds, then suddenly stopping and calmly looking each in the eye said with one accord:

"We have decided to build our nests on the beautiful banks of the Nile and we will that

### The MIGHT OF GENTLENESS

It was at the World's Exposition in St. Louis. I was sitting in front of the Louisiana Purchase monument studying the varying beauties of the Cascades when I heard in strident, feminine tones and gruffer masculine ones the following conversation:

"I wonder how far it is to the Philippine village," queried the feminine voice. "Wait a moment and I will ask this Jefferson Guard. Here, guard, where is the Philippine village?"

"Over there." I turned to see the guard pointing indifferently over his shoulder in a westerly direction.

The woman "sniffed" angrily. "Humph," she ejaculated, and walked away haughtily with her companion.



SEGNOGRAM SUBSCRIPTION DEPARTMENT

section was the most sunny and the best place to build nests as each came from a different part of the eastern hemisphere.

Says one: "I build my home among the ruins of Athens where the sky is fair and the insects abound in millions.

Then another getting anxious to tell his part of the story said: "I make my nest in a niche of the Parthenon where the Turks once fought.

The Parthenon was a large temple in Greece. It had immense pillars rising tier after tier made of marble and stone, but now the Parthenon is ruined with age.

Another swallow thinking the preceding one had talked too long interrupted and said: "I prefer the eve of the temple of Baalbec.

you join us. Here Memnon faces the sun. We will find many advantages among which are groups of trees and the mud is most excellent for building swallow nests and the sun shines constantly."

After a few minutes meditation the birds began to look happy and in chorus they said: "We have arrived at a wise conclusion and will accompany you to the Nile.

This little incident illustrates what may be accomplished by steady nerves, putting forth every effort and directing one's thoughts in the right course.

How much greater is the success when several minds are working in the same direction and how quickly all obstacles are annihilated when one is in harmony with another.

Presently a sweet-faced little woman with a smile in her eyes approached the same guard and addressed him as follows:

"If you please—" the guard raised his cap and bowed,— "seemed to have become confused about the directions—will you tell me which of these walks leads to the Model Street?"

"I will show you, madam," replied the guard. And he decorously led the way for the gentle little lady murmuring her soft-voiced thanks.

It was apparently an inconsequent thing; but it seemed to me that the few words spoken by the women were as indicative of their separate characters as volumes of exhaustive biographies.—Elizabeth Carroll Miller..

# HEALTH-GIVING FOOD

HOW TO PREPARE IT By MRS. A. V. SEGNO

## MENU NO. 14

### FIRST MEAL.

Baked Bananas

Toasted Whole Wheat Bread Cereal Coffee

Apples Oranges

### SECOND MEAL.

Cream of Sago Soup Olives

Cream of Wheat Croquettes

Fruit Bread Parsnip Salad

Browned Pears.

### TO PREPARE:

**Baked Bananas**—Cut off the ends and one side of each banana. Sprinkle with a heaping teaspoonful of sugar and 1 teaspoonful of lemon juice. Bake 15 or 20 minutes in a hot oven.

**Cream of Sago Soup**—Soak 4 tablespoonfuls of sago in a pint of water for 1 hour. Add 1 small onion very finely minced, 1 pint of milk and cook slowly in a double cooker half an hour. When ready to serve season to taste and add a lump of butter.

**Parsnip Salad**—Boil sufficient parsnips to make 1 pint when cut into dice. Add 1 small cup of raw onions chopped very fine or grated. Peel 1 lemon and cut into dice and add with a teaspoonful of sugar, a little salt and paprika. Mix thoroughly with the following sauce:

Three tablespoonfuls of grated horseradish, 1 teaspoonful of sugar, a little salt. Let stand an hour then stir in  $\frac{1}{2}$  cup of sweet or sour cream, and 1 spoonful of olive oil. Garnish with parsley. By the way, a few sprigs of parsley eaten after one has eaten onions, will destroy the odor.

**Cream of Wheat Croquettes**—Cook Cream of Wheat in the regular way as for mush excepting to make a little stiffer than usual and add 1 cup of milk. About 10 minutes before taking from the stove, pour into a dish from which it may be easily sliced when cold. Cut in  $\frac{1}{2}$  inch slices, dip in beaten egg, roll in fine cracker crumbs and cook quickly in olive oil. If cream of wheat is not obtainable in all countries any good wheat cereal may be used in this way.

**Browned Pears**—In a baking dish place canned pears. Sprinkle with shredded cocoanut and a teaspoonful of sugar to each pear; also a small lump of butter on each. Moisten with pear juice allowing a spoonful or more if desired. Place in a very hot oven until the shredded cocoanut becomes a light brown. Serve warm.

## MENU NO. 15

### FIRST MEAL.

Ground wheat with dates and cream.

Corn Muffins Canned Berries.

### SECOND MEAL.

Tomato Noodle Soup Olives

Fruit Salad

Entire Wheat Bread

Stuffed Bermuda Onions

Apple Snow

Assorted Nuts Popcorn

### TO PREPARE:

**Tomato Noodle Soup**—Noodles. Beat 1 egg very light, add a pinch of salt and flour to form a stiff dough. Roll out very thin. Sprinkle with flour and let stand half an hour to dry. Then roll into a scroll and slice off in thin slices. Drop into a quart of boiling water and cook 15 minutes. Rub 1 pint of tomatoes through a sieve to remove the seeds. Cook a few minutes. Add a pinch of soda size of a small bean. Add tomatoes to noodles and half cup of sweet cream. Season to taste with salt, pepper and butter.

**Stuffed Bermuda Onions**—Remove the center from 6 good sized onions leaving  $\frac{1}{2}$  inch wall. Fill with a mixture of bread crumbs and chopped olives which have been moistened with olive oil. Season to taste. Cover the top with bread crumbs. Place in a baking dish just large enough to hold them to prevent the onions from falling apart. Add 1 cup of water and cook until done.

**Apple Snow**—Pare, slice and cook tart, juicy apples. When done sweeten to taste and stir in quickly the whites of 3 eggs which have been well beaten. The proper proportion is 3 eggs to 1 quart of apples. Serve in punch glasses. Reserve a little of the egg beaten together with powdered sugar and garnish the top of each glass.

**Fruit Salad**—Cut into small pieces 2 apples, 1 banana. Add  $\frac{1}{2}$  cup of seeded raisins. Mix well with Mayonaise dressing. Serve on thin slices of pineapple and lettuce leaves.

**Wheat and Dates**.—Toast whole kernels of wheat to a light brown in a moderate oven. Grind in a grinder or coffee mill and mix with dates which have had the pits removed and been shredded in pieces about a half-inch across. Serve with cream.

**Popcorn**.—Delicious popcorn can be made by covering the bottom of an iron pan with popcorn; then add sufficient Olive Oil to half cover the corn, adding a little salt. Cover and move gently back and forth over a hot fire. When done the corn will have taken up all the oil. This is delicious and healthful.

## Does the Human Family Eat Too Much?

There seems to be common agreement nowadays among scientific investigators that the human family eats too much. This of course does not apply to every individual, for there is no dispute about the fact that thousands of people are poorly fed and improperly nourished; and singularly enough, these do not belong always among the poorer classes. As a matter of fact, the middle classes are the well-to-do classes when it comes to the question of the adequate nourishment of the human body to fit it for the daily and mental demands that are made upon it. People who are well-off in the world's goods are not always the ones who adopt the most liberal and most rational policy in the matter of selecting a diet that will contribute to their highest physical welfare and their greatest personal enjoyment. The table of the poor is not only the table of intelligence and the table of plenty but is quite often the table of hygiene and dietetic selection; for it is deprived of many of the vile culinary concoctions which are dangerous and deleterious and which only the well-filled purse supplies. Moreover, the employments of the poor are better calculated to bring about perfect alimentation and assimilation; and the penuriousness of the rich quite often makes them scanty providers, depriving themselves of the more nourishing edibles that are to be found in the markets; but taking the general average of the human family, it may be stated as a well-proven proposition that the diet of civilized people is too ample, too hearty. In other words, we all eat too much.

Americans are undoubtedly the great meat eaters of the world, notwithstanding the fact that we have the most bountiful supply of all the most nourishing foods that are the products of widely diversified climate and many varieties of soil. The British soldiers in Africa, instead of being fed on rare roast beef, as we might naturally suppose from our notions of British diet, were given a moderate allotment of vegetable and cereal foods with an occasional touch of jam to sweeten their rations and cheer their flagging spirits after the long march. The Japanese soldiers who are fighting in the far East live chiefly on rice and dried fish, while the Russian infantry and Cavalry have a somewhat harder diet because of the rigors of the climate in which they have to conduct their campaign. It will be remembered that many hundred tons of candy were shipped to our own soldiers in the Philippines during the campaign of occupation which followed the raising of our flag in the Archipelago. Since it has been found that mixing a moderate amount of sweets with a limited diet of vegetables and other nourishing foods is good for the soldiers, who can contend that it is not good for the man in the ordinary walks of life?

## A Soap and Water Holiday

"Health Day" is the name of a new legal holiday created by a bill introduced in Utah Legislature. By its provisions the first Monday in October is created a legal holiday throughout the State.

On this day it is made compulsory upon every person in the State to clean and disinfect thoroughly dwelling houses, stores, theatres, public halls of all kinds, and, in fact, every building frequented by people. City councils, town boards, and county commissioners are instructed to enforce the law, and there is a penalty of fifty dollars for failure on the part of any person to clean up and disinfect as provided.

## While Waiting for the Guests

The quiet of the dining-room was broken by the Platter, who inquired of the Fried Liver, "What makes you look so black this morning, has anything gone wrong?"

"Yes," replied the Liver. "I fell on the Stove a short time ago, and the Stove got hot about it and threatened to burn me up, but I don't care, for I shall never go back there again."

"Well, it's different with me," said the Carving Knife, "I got into a row with the Kitchen Table today and cut him, and he says he will be square with me, but I am not afraid, for I am too sharp for him."

Presently the Fork spoke up and said, "What do you think the Kettle said this morning? that the Potatoes were mashed on him. The idea! when it is well known that they are stuck on me."

"I wish," spoke the querulous voice of the Nutmeg Grater, "you people would not use such awful slang, it grates on my nerves."

"It's too bad about you," said the Lettuce, "I don't see how any one can make such a holy show of themselves as you do, anyhow."

"There are lots of things," replied the Grater, "which you are too green to understand." To which thrust the Lettuce muttered, "Oh, lettuce alone, can't you?"

The Water Pitcher had been endeavoring to speak for some time, and now it said, "This water is so awfully sparkling, and bobs about so, it keeps me in a cold sweat all the time. I think it's too fresh, myself."

"Why don't you pitcher out?" suggested a Pickle, attempting a joke, at which the Salt said he thought the Pickle was trying to be sharp, and added, to the Pitcher, "If I pitch into that Water you can bet your handle it won't be so fresh afterward." Which threat caused a smile to pass around the table, for it was well known that the Salt objected to anything being too fresh.

"Say," said a big, fat Strawberry to a small lean one near the bottom of the dish, "I think the Sugar is sweet on me. What do you think?" "Well," replied the other, "he's got sand enough to mention it if he is. I'll have to get out of this soon, or I'll be crushed to pieces with the hull crowd of you on top of me. Isn't my face red?"

"I wish," said the Vinegar, presently, "that the family cared more for me. They neglected me so that I am getting very weak, and even the flies take me for a graveyard and come here and die."

"You can't expect many friends," said the Butter, "since you have been so sour all your life. But to change the subject, how awfully hot it is today, I'm almost melted."

"You're right," said the Leg of Lamb, "I'm thoroughly roasted."

The Stuffed Chicken seemed to be getting restless, and finally it spoke up and said, "I wonder where my head is? Have any of you seen it recently?"

"I don't think you ever had any," replied the Roast Duck, who had always been jealous of the Chicken.

"What good is your opinion, anyway, I'd like to know," retorted the Chicken, "you've been a quack all your life."

"Say that again," shouted the Duck, "and I'll come over there and knock the stuffin' out of you."

"Gentlemen! gentlemen!" interposed an Onion. "There must be no quarreling here. I really think it would be a good idea to fine all those using slang and all that quarrel and apply the money toward the purchase of a gymnasium."

"Oh, that's too thin," said the Table; "you want the gymnasium for your own private use, so that you can keep up your strength,

for which you are famous, but if there is any money collected, I am going to have it, for I have been supporting the whole crowd of you ever since you've been here, and I'm getting tired of it."

"The Table is always throwing that in our faces," said a Lemon, "so as to create sympathy, but it won't work for we are all onto him."

"You've thought so much about it," said the Salad, addressing the Lemon, "that it has soured you. For my part these quarrels get me all mixed up."

"Yes," said an Oyster, "I'm ashamed to be seen in such company; it's like casting pearls before swine."

"Well, everybody knows," said a Pancake, "that you are thoroughly shellfish. You think that you are very aristocratic, but there is no need to be continually in a stew about it."

"And everybody knows," retorted the Oyster, "that you are a flat, and a double-faced one at that."

"Why don't you two fight a duel," said a Fried Egg, getting red in the face with excitement.

"Oh, you are two eggsacting," remarked a Yellow Banana. "You always want to jump from the frying-pan into the fire."

"I was not referring to you," replied the Egg. "You are too skinny to fight any one."

"If I am," said the Banana, "you'd better not tread on the tail of my coat, or you will slip up."

Then they all entered into a dispute, and there seemed likely to be a general row, but the guests arrived at that moment and put a stop to the trouble.

## Uric Acid in Meats

Here are some remarks from a hygienic exchange, on uric acid, as found in meats of various kinds, which should give rise to serious reflection on part of gross feeders:

"Uric acid is present in beefsteak in a proportion of fourteen grains to the pound; nineteen grains of the poison are found in a pound of liver, and seventy grains in a pound of sweet bread. These poisonous substances gradually accumulate in the body and give rise to neurasthenia, Bright's disease, calculus, and numerous other maladies. The poisons produced by putrefaction are often very deadly. Meat far advanced in decay, a condition frequently found in wild game and canned meats or fish, in which the putrefactive processes have begun, all contain poisons which are deadly in very small doses, and the cooking of such substances, does not to any appreciable degree lessen their poisonous properties as these poisons are not destroyed by heat."

## How They Keep Well

Levi P. Morton, Senator Depew and Col. "Jack" Astor are three perfectly healthy men, the first two being well along in years. Their secret of living without groaning is eating plain food plainly cooked. Ex-Gov. Morton never had dyspepsia in his life. He eats neither sweet, starch nor fats, and his regular drink is a glassful of Ellerslie milk. Col. Astor's diet is of the most frugal character. He doesn't eat enough to keep a sparrow alive, one would think. His rule is moderation in all things. Senator Depew once said: "I have been wine and dined oftener than any other man in the world, and the reason why I am not dyspeptic is this: They serve six oysters, I take two; soup, I just touch it; fish I don't touch it; entree, no; roast, yes; terrapin, yes; salad, yes; sweets, no; coffee, no; champagne, a little to suit the mood."

# New Thought Philosophy

Some New Features of this Up-building Science Explained by Dr. G. A. Mann

From the large number of books written on the New Thought Philosophy—that most important science to all who wish to better themselves—one would naturally infer that every detail of this very fascinating subject had been treated thoroughly; and yet, as the ardent seeker for real knowledge goes carefully over this literature, he is disappointed. Like a child who expects to catch a bird, but finds it has placed its hands on an empty nest, he gropes for the real substance of the matter, but the end in view is never reached.

In reading a book that is very promising at the start, that holds out great possibilities of knowledge, whose author professes to show you the way to both temporal and spiritual power, whose pages are supposed to unlock all the secrets of Self Mastery and Right Living, there is nothing so unpleasant as to find in the last pages that the long looked for secrets are withheld.

I have been thinking for a long time of putting these facts before the readers of The Segnogram, of giving them my experience in the search for knowledge, for, like many others, I have wondered if there were a reason for keeping the earnest seeker after truth in ignorance, or whether the average writer on this great subject was not himself in possession of the facts.

There is a Sacred Promise to all who wish to learn that they shall possess the promised power, the greatest of all powers, that of successful living, and yet so far as the ordinary mind can see few possess it. There are, however, some great masters who are able and willing to initiate those prepared to find the truth. In the past few years a great deal has been said on the wonders performed by the students of the rudimentary sciences known as Hypnotism, Personal Magnetism, Magnetic Healing and the like. Hindoo fakirs have been looked upon as supernatural beings, and yet the things which they do, and which surprise us so much, are childish when compared with the possibilities of the higher knowledge of the Hidden Forces. Once this knowledge is acquired, we have at our command the most vital energy, the most magnetic power to attract and to compel, to make ourselves masters, to conquer fate; in short, we have at our command the wildest elements known to mankind. That these things are possible is obvious, for we have the direct promise "And greater things shall ye do as I go to the Father."

Believing that all the readers of this Magazine are earnest seekers after the truth, I want to call their attention to a book of infinite wisdom which recently came to my attention. It is called "Self Development and the Hidden Forces," and is published by the Brooks Library of Science, 4 A Building, Rochester, N. Y. Any reader of The Segnogram can obtain a copy of this book, free of all charge, providing he sends at once and mentions the fact that he read this article in this publication.

If you follow its teachings it will do you infinite good. It will put you beyond the pale of failure, and will enable you to make life what you wish. If you wish a copy, a letter addressed to the Brooks Library of Science, 4 A Building, Rochester, N. Y., will bring it to you without charge.

**An Important California Industry**

The olive industry is important from the fact that as an article of food, its value can hardly be over-estimated. Upon analysis the olive is found to contain a large proportion of the elements necessary for the proper sustenance of the human body.

While this fruit has always played an important part in the history of the human family, its culture has been confined to a limited area. A warm climate, and the influence of the sea seem to be essential to the perfect development of the olive. It is well known that the first olives were planted in this country by the Spanish padres when they first established their Missions in California, so long ago. The wonder is that the trees are still bearing fruit. This fact first suggested the feasibility of cultivating the olive with a view to its commercial value. Therefore, with all the bigness of Californian enterprise, was planted the Sylmar orchard, the largest olive grove in the world.

About twenty miles north of Los Angeles is situated this orchard of 120,000 growing and bearing trees, a monument to the zeal and faith of those who had this industry at heart. It is only about ten years since these trees were planted, but such has been the care, scientifically applied, that the industry now bids fair to be the most important in Southern California. The natural conditions here are absolutely perfect, and all that advanced thought, and an earnest striving for the production of a commodity of rare excellence can do, is brought to bear.

Everyone knows how deleterious to health are many of the present day adulterations, or how inadequately does a poor article of food nourish. These conditions do not hold on the Sylmar grove, as adulteration is not tolerated, and only the best satisfies.

There is a factory built in the orchard, and when the fruit has reached the proper state, is immediately milled. The superiority of the New World ideas in contradistinction to those of the Old, are here exemplified. Handwork must be employed in the picking of the olives, for great care must be taken that the fruit is not bruised, thus doing away with all fermentation. But in the factory modern machinery obtains to such an extent, that there is little or no handling during the processing of the oil, and more and better oil is expressed than with the old methods. As olive oil is very susceptible to impurities, exquisite cleanliness is observed.

That the highest award ever given in this country, the Grand Prize, was awarded to Sylmar Olive oil, at the St. Louis Exposition,

**Tolstoi's Outdoor Life**

Still vigorous at the age of seventy-five years, Count Leo Tolstoi nearly every day either takes a ride on his favorite horse, goes for a walk under the linden trees with his daughter, Alexandra, or in company with his great wolf hound tramps over the broad acres of the famous estate of Ysnaya Polyana. Tolstoi has long been an ardent out-of-doors man; in early life a hurdle rider of no mean accomplishment, a hunter and an athlete; in later years a pedestrian to whom twelve miles a day was an average walk, and to whom a day in the saddle was as nothing.—*Outing.*

**YOUR CHARACTER**

Personality and Future will be read by an expert of wide repute on receipt of 12 cents and specimen of handwriting.

HENRY RICE, Graphologist, 1927 Madison Ave., New York

**Virtues of the Pineapple**

The partaking of a slice of pineapple after a meal is quite in accordance with physiological indications, since, though it may not be generally known, fresh pineapple juice contains a remarkable active digestive principle similar to pepsin. This principle has been termed "bromelin" and so powerful is its action upon proteids that it will digest as much as one thousand times its weight within a few hours. Its digestive activity varies in accordance with the kind of proteid to which it is subjected. Fibrin disappears entirely after a time. With the coagulated albumen of eggs the digestive process is slow, while with the albumen of meat its action seems first to produce a pulpy gelatinous mass, which, however, completely dissolves after a short time. When a slice of fresh pineapple is placed upon a raw beefsteak the surface of the steak becomes gradually gelatinous owing to the digestive action of the enzyme of the juice.

Of course it is well known that digestive agents exist also in other fruits, but when it is considered that an average sized pineapple will yield nearly two pints of juice, it will be seen that the digestive action of the whole fruit must be enormous. The activity of this peculiar digestive agent is destroyed in the cooked pineapple, but unless the pineapple is preserved by heat there is no reason why the tinned fruit should not retain the digestive power. The active digestive principle may be obtained from the juice by dissolving a large quantity of common salt in it when a precipitate is obtained possessing the remarkable digestive powers just described.

Unlike pepsin the digestive principle of the pineapple will operate in an acid, neutral, or even alkaline medium, according to the kind of proteid to which it is presented. It may therefore be assumed that the pineapple enzyme would not only aid the work of digestion in the stomach, but would continue that action in the intestinal tract. Pineapple, it may be added, contains much indigestible matter in the nature of woody fibre, but it is quite possible that the decidedly digestive properties of the juice compensate for this fact.—*London Lancet.*

"Life is real, life is earnest,  
And the grave is not its goal;  
Dust thou art, to dust returnest,  
Was not spoken of the soul."

Read the Editor's Talk on page 16. He has something important to tell you. \* \* \* \* \*

**RALSTON** NEW PROCESS **WATER-STILL**

**Protects You Against Typhoid**

and all water-borne diseases, whose ravages are just now so wide-spread and malignant. Its product is unequalled as a solvent of uric acid and furnishes the only effective treatment for

**Rheumatism and Gout**

Soothes and cleanses stomach and brings relief in **Dyspepsia and Bladder Troubles.** Its operation is simplicity itself; requires no special expense, care or attention.

The American Water Still Co. Successor to A. K. Bailey Mfg. Co. Dept. 3, & G. 4 Cedar Street, New York



Send for free booklet "Plain Facts About the Water Question."

We Want Live Agts.

Agent in San Francisco

**SIZE DOESN'T COUNT IF YOU KNOW JIU-JITSU**

**THE JAPANESE NATIONAL SYSTEM OF PHYSICAL TRAINING AND SELF-DEFENSE**



JIU-JITSU is a system of exercise that develops strength and endurance. The Japanese, though small of stature, possess almost superhuman strength. In the allied march through China in 1900 they repeatedly outmarched the soldiers of every other nation. They attributed their strength and powers of endurance to the persistent practice of JIU-JITSU. Every soldier of the Mikado is skilled in the art. JIU-JITSU embodies the ideal principles of attaining perfect health and perfect physical development. It is the evolution of twenty-five centuries of constant practice and improvement. It is a system of physical training and self-defense which surpasses all others. Its basis is strategy and skill. **As a means of self-defense, the men or women versed in JIU-JITSU can protect themselves against persons twice their size and strength.**

**JIU-JITSU SUCCESSFULLY TAUGHT BY MAIL**

For over 2000 years the principles of Jiu-Jitsu have been religiously guarded. By an Imperial edict the teaching of the system was forbidden outside of Japan. The friendly feeling, however, existing between Japan and the United States has been instrumental in releasing Jiu-Jitsu from its oath bound secrecy, and all the secrets of the Japanese National System of Physical Culture and Self-Defense are now being revealed to the American people for the first time by the YABE SCHOOL OF JIU-JITSU, at Rochester, N. Y. Mr. Y. K. Yabe, formerly of the Ten-Shin Iyn School of Jiu-Jitsu, has formulated a correspondence course which contains full instruction in Jiu-Jitsu. It is identical with the course taught in the leading school of Japan.

**FIRST LESSON SENT FREE**

An intensely interesting book which explains the principles of Jiu-Jitsu has just been written by Mr. Yabe. As long as the edition lasts, this book, together with the first lesson in the art, will be sent free to interested persons. The lesson is fully illustrated with full-page half-tone engravings, and shows one of the most effective methods known to Jiu-Jitsu for disposing of a dangerous antagonist. If you desire to learn more about the closely guarded secrets of this marvelous science, you should write to-day for this free book and specimen lesson. They will be sent you by return mail, postpaid. Address

**YABE SCHOOL OF JIU-JITSU, 171 S., Realty Bldg., Rochester, N.Y.**

**THE "COME ALONG"**  
ONE OF THE 40 METHODS KNOWN TO JIU JITSU FOR PARALYZING THE ARM. USED BY JAPANESE POLICEMEN IN ARRESTING OBSTREPEROUS PERSONS

**The Medicine We Take**

It could not be other than interesting to the readers of "The Segnogram" to know how we in the West Indies preserve health and vigor and live long.

On the average no people live as long as do the residents in these islands who combine logic with discretion regarding the proper system of living. I say, that the West Indies are far healthier than northern countries where the change of seasons signifies and occasions fearful changes of weather.

The medicine which is taken and which is advocated by those whose career in the line of health has been a success, is the juice of a half of an orange in a tumbler of seawater.

This is taken on the morning of the first day of each month, immediately after rising. It is to be drunk while standing out-doors.

Nauseous as this appears, its medicinal properties are very great and the result is entirely satisfactory. It costs not more than five cents and will do more good than all the drugs advocated by the medical profession.

MEAD H. C. POWELL,

Portsmouth, B. W. I.

**Physical Culture**

Physical Culture in its present stage dimly suggests the way in which the body may be brought to express more of grace and beauty. Does not the athlete consciously, or unconsciously keep before his mental eye the ideal figure toward whose proportions he is training his own muscles? It is the mental ideal that is molding the athlete's form as much as the physical exercise, and aimless exercise without the model to emulate is worse than useless. So in all acts it is the man with the clear mental picture of what he wants to do who uses his physical force with the quickest and best results, while the man who aimlessly employs his arms and legs, or tongue works hard and has no reward.

If the mental and moral qualities mould the body, and express themselves so plainly, is it any more wonder that the thoughts and beliefs we hold in mind from day to day should also express themselves. May it not be that the mistaken belief that we are getting old interferes with the development of the body? The way then to remain young is to devote some time daily in realizing that we cannot grow old. The new idea will gradually destroy the old one, which says we must be wearing out.

Just so sure as the old idea has had its disastrous effect, so the new one will have its wonderfully beneficial influence.

When the study of the relation between our thoughts and their expression in the body has been reduced to an exact science, every line and angle of our figure will have a meaning. We will see that every feature openly bears witness to the character of the real man or woman.

There are many false beliefs in regard to the body that have been hindering its development. One of them is that weakness, wrinkles, and gray hairs are necessary and honorable accompaniments of "old age." In the light of modern science these changes are seen to be largely the consequences of ignorance and laziness. And it may be well questioned if there is such a thing as "old age." If the soul is immortal and the body renews itself from day to day, what is there about that is old. To be sure we grow old in experience and wisdom, but this only develops the mind, and we should see daily increasing beauty in consequence.

What right have we, oh, heirs of immortality, to call ourselves "old" after a few years experience on this temporary abode?

With the glorious "forever and forever" stretching its shining path ahead, can we say that age brings anything else but fuller understanding, and greater happiness? Do we consider the author of being as old, emaciated and decrepit? Then we who are his children, built of his invisible substance, should not measure our real life and strength by such small standards.

**Corns**

A corn is an overgrowth of the horny layer of some portion of the skin of the foot, induced by friction or undue pressure in one spot by the shoe. It is situated generally on the prominent portion of one of the toes, more commonly the little toe, but may be on the sole of the foot or even on the ankle-bone.

It begins by an increase in size of the papillae in the deeper part of the skin, and this induces an increase in the production of the scarf-skin, or horny layer. The scarf-skin soon becomes inordinately thick, and, the pressure from the toe continuing, is pushed back against the papillae, causing their final atrophy.

The formation of a corn affords a curious illustration of the defeat of nature's well-meant efforts to prevent trouble, for the increased thickness of the horny layer is intended to afford protection to the enlarged and tender papillae, a purpose which would be well accomplished did the process stop there. But the friction by the shoe keeps up the irritation, and more and more of the horny covering is manufactured, until, instead of affording protection, it is actually the cause of all the pain.

After a time the spot where the corn seems to acquire a bad habit, and the formation of the corn will go on even after the offending shoe has been discarded.

The first thing to do for a corn is to get new shoes that are so snug as not to rub the foot anywhere, and so loose as not to make pressure in one spot more than in another.

The top of the corn may be pared with a sharp knife, extreme care being taken—especially in the case of the aged—not to cut the sound skin; or it may be filed down to the level of the surrounding skin; or the entire corn may sometimes be loosened with a dull knife blade or by the fingernail, and extracted from its bed.

When this cannot be done, removal may be facilitated by moistening the corn every other day with glacial acetic acid, the softened part being frequently scraped away with a dull knife or a small file. A salve containing salicylic acid, applied every night, will also frequently loosen the corn so that it can be pulled out. This is the basis of many of the popular corn plasters.

A soft corn, which is merely a corn that is always moist, on account of its location on the inner surface of one of the toes, should be treated by keeping a piece of absorbent cotton between the toes so as to prevent maceration, and by bathing it frequently with strong alum water.

**HOW I GREW TALL**

A Startling Story Which Will Interest All Who Are Short

The Height of Either Sex Can Quickly Be Increased from Two to Five Inches. These Marvelous Results Can Be Accomplished at Home Without the Knowledge of Your Most Intimate Friends.

The Free Book Tells You All About It



MR. K. LEO MINGES.

Inventors, scientists and physicians have for years been trying to find some method whereby the height of an individual could be increased, and up to the last few years have met with failure. It remained for a comparatively young man, Mr. K. Leo Minges by name, to discover what so many others had failed to do.

Mr. Minges resides in Rochester, N. Y., and has devoted the best part of his life in studying and experimenting on the Cartilage, and his great efforts have at last been crowned with success. A large company, composed of Rochester's leading citizens, has been formed for the purpose of placing Mr. Minges' discovery and inventions before the public, so that now it is possible for any lady or gentleman, who is short, to increase her or his height from two to five inches. These results are absolutely guaranteed.

Mr. Minges has successfully used his method on himself, and has grown from a short, stunted boy to a handsome, robust man of six feet one inch in height. Thousands of people living in all parts of the world are using his method, with equally startling results. Let us send you the absolute proof of the above statements. We have just issued a beautifully illustrated book, entitled, "The Secrets of How to Grow Tall," which contains information that will surprise you. Ten thousand of these remarkable books will be given away absolutely free of charge, in order to introduce them. If you fail to receive a copy, you will always regret it. This great book tells how Mr. Minges made his wonderful discovery. It tells you how you can increase your height and build up the entire system. It contains the pictures and statements of many who have used this method. After you receive the book you will thank us the longest day you live for having placed within your reach this great opportunity.

Remember, a postal card will bring it to your very door, all charges prepaid. All correspondence strictly confidential, and sent in plain envelopes. If you wish a free copy of this book and the proof of our claims, write to-day. Address The Cartilage Co., 171 S Unity Bldg., Rochester, N. Y.

**CUT DOWN GAS BILLS**

from one-quarter to one-half usual cost by using this **LITTLE JOKER GAS GOVERNOR**. Makes pressure uniform. Absolutely prevents back flow and re-registration by meter. D. H. writes "My meter used to register 3000 feet. Saved 1000 feet first month." Anyone can attach. We send full instructions and **50c** post guarantee. Quickly pays for itself. Price **50c** paid **Money back if not satisfied.**

Agents find it a good seller. **ELKHART NOVELTY CO., BOX 10, ELKHART, INDIANA**

**HYPNOTISM**

Would you possess that strange, mysterious power which charms and fascinates men and women, influences their thoughts, controls their desires, and makes you supreme master of every situation? Life is full of alluring possibilities for those who master the secrets of hypnotic influence; for those who develop their magnetic powers. You can learn at home, cure diseases and bad habits without drugs, win the friendship and love of others, increase your income, gratify your ambitions, drive worry and trouble from your mind, improve your memory, overcome domestic difficulties, give the most thrilling entertainment ever witnessed and develop a wonderfully magnetic will power that will enable you to overcome all obstacles to your success. **You can hypnotize people instantaneously**—quick as a flash,—put yourself or anyone else to sleep at any hour of the day or night—banish pain and suffering. Our **Free book** tells you the secrets of this wonderful science. It explains exactly how you can use this power to better your condition in life. It is enthusiastically endorsed by ministers of the gospel, lawyers, doctors, business men and society women. It benefits everybody. **It costs nothing. We give it away to advertise our college. Write for it to-day.**

**American College of Sciences, 171 S. News Bldg., Rochester, N. Y.**



# GRAPHOLOGY

CHARACTER AS REVEALED BY HANDWRITING

By Mrs. Franklin Hall



## Which Would You Choose for a Wife?

One of the greatest causes of divorce is a marriage of opposites. It used to be an old maxim that one should always marry an opposite if they would be happy, but in this scientific age, we reason things out for ourselves and the old maxims are no longer revered. There must of course be some diversity of coloring, physique and tastes, but even ragtime music is in harmony with the most puritanical hymn, by the magic of the musician.

If you are a man of intellect and good taste, neat and systematic, it would hardly add to your happiness to marry a slattern, a scold and illiterate. The woman you want is one who is at least orderly in details, neat in dress, calm and self-poised, with a musical voice and sufficient intellect to take an intelligent interest in your ambitions and hopes. One who has the tact to know when "silence is golden."

If you have some egotism and wish your wife to always look up to you as a superior being and at the same time possess all of the qualities previously mentioned you should marry one like the illustration below.

*I sincerely hope you are  
feeling better and that  
you will have a joyous*

Here we have refinement and intellectuality in the general appearance of the writing, tenderness in the gracious slope, loyal affection in the low crossings; the idealism that will worship a beloved object in the high dots, sympathetic interest in the curves united to the slant, and artistic appreciation in these same curves and the rounded letters. While this person appreciates all of an intellectual order, is fond of books, music and flowers, she is also a great lover of home and would devote her life to the happiness of those who are dear to her and if she had children she

*they will condescend to  
depart from their usual*

would idolize them and be far more ambitious for them than for herself.

If you would have one who is sensitive to a degree and who would not readily forget when you had hurt her feelings, one who is keenly observant of every little thing, yet ambitious and hopeful, you should select one who writes like this second specimen.

The delicate lines indicate the sensitiveness and the very pointed letters the keen penetration and observation. There is cutting sarcasm in the peculiar crossings, but the intellect is keen. There is a love of literature, but no desire to be content with secondary consideration. There is some obstinacy in the triangular crossings of some of the "t's" and

a bit of despotism in the club like ends of others. At the same time the letters are varying size, some large and small, giving tact at times. A person with these qualities of will sarcasm and sensitiveness combined with obstinacy also has a temper that when once aroused is apt to keep things warm for awhile, but at the same time she would be faithful through good and bad to one whom she loved and would be happiest with a man who had the strength of will and mind to master her without abuse, one largely of her own nature with added masculine strength mentally.

In both of these illustrations we have neatness and order in material things and in our next article we will give you the opposites, untidiness and indolence. The woman of the first illustration would worship and be secondary, the woman of the second would love and be equal.

## Readings for Subscribers

J. M. B. Norman, O. T.—Your tastes are naturally refined and intellectual, but you have been denied many of the opportunities that you longed to have and it has hindered

you somewhat in the advancement that you otherwise might have made. You reason things out very well from cause to effect and like to study a subject well before making a decision in regard to it. You have a fair amount of firmness, but a little more tenacity would not do any harm. Are in some things a trifle more theoretical than practical and you build many castles in the air. Would do well in fancy agriculture, the raising of some special brand of stock or in small fruits. Do not allow yourself to be too strongly influenced by sentiment.

F. D. Los Angeles.—You are resolute and intense in your likes and dislikes. While you enjoy the society of the opposite sex you are not susceptible and are more apt to form platonic friendships than those of a more sentimental order. Are a bit obstinate and do not like too much dictation from others regarding your personal affairs. Candid and outspoken you do not hesitate to say what you think. You have a love of the beautiful, of the practical kind and should admire most the rich oriental colors. Not always patient it is not easy for you to endure pain and disappointment without complaint. You need a very active life and would do best in something that would keep you in the open air.

Mrs. M. H. Bedford Station, New York.—You have keen penetration, observing carefully every little thing that is of interest to you. You are sympathetic, affable and pleasing in manner, you win friends without much trouble and people like to come to you with all of their joys and sorrows, sure of comfort and the best advice that you can give. You are affectionate and will make a great many sacrifices of personal comfort and pleasure to give happiness to those who are dear to you. Are fond of books and music, and should be able to excel in some branch of music. You are sensitive and have a delicate touch and could become expert as a judge of fine fabrics or gems. The diseases from which you are most liable to suffer are those of the stomach, and rheumatism.

J. R., Los Angeles.—You have a nervous mental temperament with high ideals and it is not always easy for you to bring yourself down to the more practical things of life, although you will do whatever you may consider it your duty to accomplish. You have not the great physical endurance that you ought to possess and are liable to suffer from nervous ailments and catarrhal troubles and should carefully avoid all damp and malarious localities. You would have been successful as a physician had you cultivated the talents you possess in this line and also could excel in some one of the fine arts. If you have health and not too many obstacles to overcome there is no reason why your life should not be a progressive one.

W. H. G. M. W., Service, Jhauri, Bandelkhund Dist, India.—You have a vital mental temperament with great intensity of feeling that causes you to love and hate with equal ardor. You seldom know fear and rather enjoy anything that savors of adventure. Are not always patient and often allow little things to worry and fret you more than is necessary. Quick to anger your first inclination is to give blow for blow, but your strong will holds this tendency in check unless under exceptional circumstances. You have the shrewdness and financial ability that ought to enable you to gain a competence in commerce or as the head of some enterprise. You have a great deal of tact that should make you at ease under nearly all circumstances. Do not indulge too freely in sweets and rich foods. Are apt to suffer from diseases of the blood and liver.

L. H. B., Fort Valley, Ga.—One reason you have trouble in memorizing is that you try to do too much at once. Commit a verse or a paragraph a day, no more until you have trained your memory to retain what you learn. When you have committed this paragraph or verse analyze the thought which it contains and impress this upon your mind, the thought once understood the rest will follow. You have a strong will and great tenacity so that you should not be one to give up easily. Are secretive and while you can talk fluently, there are few whom you care to take close into your confidence. Have inventive talent and ought to take an interest in machinery. Cultivate a little more hopefulness and selfconfidence.



F. H. Honolulu, Hawaii.—You are forceful and energetic and not easily influenced by sentiment against your better judgment. You must hold your large imagination well in check lest it lead you to undertake more than you can well carry through to a successful issue. You are a great lover of the beautiful and a good judge of size, distance and proportion. Would make a good architect or designer or do well in any vocation that would give these talents a chance to develop. You like praise and admiration and to be appreciated when you have done your best to please. You have the gift of being a good listener and you know how to keep things to yourself. Are somewhat aggressive and will not be imposed upon without resenting it sharply. Are fond of the luxurious pleasures of life and will enjoy as many of them as circumstances will permit.

C. M. Los Angeles.—You are somewhat fond of display, liking to dress well and to make a good impression upon those with whom you come in contact and are not impervious to flattery. Are a lover of the beautiful and would do well in some pursuit that is an intermingling of the artistic and the practical. Are very persistent and when you once make up your mind that you are going to accomplish a certain object you are not easily swerved from your purpose. Have many little peculiarities that are sometimes difficult for strangers to understand, but you have the genial nature that wins for you many friends. Are independent in thought and action and fond of having your own way although you are willing to accept advice from those who are in authority if it is given in the proper spirit.

### HOW TO GET A CHARACTER READING

Any subscriber to this magazine who sends us three new yearly subscribers will be given a Character Reading from his or her handwriting. We will either print the reading in The Segnogram or send it by mail.

### HOW TO SEND

When sending the three new subscribers also send twenty-five words of your natural writing on a separate piece of paper and sign it. We will print your initials only, as it is not advisable to print the full name.

The first orders will receive the first readings. Send early and avoid the rush. Address The Segnogram Pub. Co., Department G., Los Angeles, Cal.

### Hypnotize Yourself to Sleep

Place a lighted candle behind a round bottle blown of colored glass—an ordinary green bottle—and gaze at the spot where the light focuses on the opposite side. Let the room be dark. Previously disrobe and be in bed ready for sleep. Concentrate your stare upon the light spot on the bottle, and in time your eyes will grow so fatigued as to naturally close. The head should be high, as sleep is produced by the blood's leaving the brain. When the head is elevated gravity aids to drain off such of the vital fluid as is not needed to nourish the brain during sleep. The bottle will serve as a screen against the glare of the candle. The latter can be cut short in order that it may burn itself out soon after sleep ensues. Should you be nervous about letting the candle burn while you sleep, set it upright in a china plate, sticking it fast with a few drops of hot grease. Then, when it dies out it can do no harm.

Draw a large picture of the human eye upon white paper, using a soft black crayon. Hang the paper where the rays of your candle or night lamp will illuminate it. Stare at

this eye for a quarter of an hour, if need be. Try to refrain from winking. If the eye be sufficiently staring in its aspect, it will finally "stare you out." Your eyes will grow fatigued, and you will fall asleep.

Stare into the pupils of your own eyes reflected in a mirror placed conveniently upon a stand or table close by your bed, and at a distance of ten inches from your face. Stare until your piece of candle burns out. Even before that time your eyes will probably be closed in sleep.

Hold one end of a long lead pencil between your teeth and allow your gaze to run up and down its polished surface until the eyes close of their own accord. The same effect can be produced in the dark by staring at an imaginary spot at the tip of your nose. Touch your forehead with your finger. Then roll your eyes up under your lids and imagine that you are looking through the top of your head at this particular spot. Do this for three minutes, and drowsiness will probably cause the eyes to fall, and the lids to remain closed in natural repose. One method recommended by a hypnotist is to close your eyes and count the bright spots coming and going on your eyelids. Any one can see such spots, if he closes his eyes.

## GRAPHOLOGY

As taught in our course of twelve illustrated lessons, by Mrs. Franklin Hall, is invaluable, enabling you to deal with others intelligently; to understand the true character; to select a friend, husband or wife whose nature is in harmony with yours.

\$10.00 per course of twelve illustrated lessons.

## MAGNETIC SCIENCE

As marvellous, strengthening, helpful, as masterful of disease as Christian Science, with the simplicity a child can understand. It teaches you how to attain social and financial success; to attract friendship and love; it gives you personal magnetism and the power to influence others. Can you afford to be without this knowledge?

\$10.00 per course of twelve lessons.

## PHYSIOGNOMY

By special request we have prepared a very comprehensive course of twelve lessons teaching the science of character reading from the face. Would you like to read the stories revealed in the faces of those whom you meet? You can do so by studying this wonderful science.

## READINGS OF CHARACTER

From photographs, \$1.00, \$2.00 and \$5.00. Positively no photographs returned unless accompanied by properly stamped and addressed envelope of same size. Readings from handwriting ten cents and stamped, self-addressed envelope. (No stamps accepted.) Longer readings 25 cents, 50 cents, \$1.00 and \$2.00.

Address all communications to

### The Hall Correspondence Institute

Department 49

MRS. FRANKLIN HALL, Pres.

14 West 104th Street

NEW YORK CITY

**The Message of the Olive to Man is O-LIVE**

*Sylmar Olive Oil*

**LIFE IS IN THE OLIVE**

And all the Virtue of the Olive is concentrated into

**Sylmar Olive Oil**

**The Grand Prize**

has been awarded Sylmar Olive Oil at the

**St. Louis Exposition**

This is the highest honor ever conferred upon an olive oil in this or any other country, at any International Exposition.

**Los Angeles Olive Growers Association**

Home Office, Los Angeles, California

Branches: 16 South William St., New York City  
714 North Park Ave., Chicago, Ill.  
Bellows Falls, Vermont

## THE EDITOR'S TALK

An Opportunity to Own a Home  
in California

An unusual opportunity came to me a few days ago that I can share with 100 of our readers. I cannot tell you all about it here, but if you have a little money to invest or can spare fifty cents a day for investment write to me and I will explain how we can by co-operating, buy on small payments 120 building lots in the city of Los Angeles, for much less than their present value that will double in value before they have been fully paid for. The investment is absolutely safe, so much so that I will agree to pay 6 per cent. on the money invested by any reader in case he or she desires to withdraw from the investment. If you follow my advice and invest where I am investing, you will double your money. Everything I undertake becomes a success because I understand the law and principles of right dealing that makes for success. You will do well to write to me at once, as only 100 of our readers can share in this profitable investment.

At last I have the pleasure to present you with a few pictures of our new building. Next month I will print some additional views of the interior, the grounds and the park. I trust you will find them interesting and that they may serve to bring you in closer touch with us and the work we are doing. The world is large and The Segnogram goes to every country on earth where English is spoken or read. From Iceland in the north to the Cape of Good Hope in the south, it carries each month its messages of courage, good cheer and good health.

The Segnogram is not read by everyone because only a certain number of men and women have yet learned the wisdom of right living. It is read, however, by the progressive thinkers, the up-to-date people. If you know of any such people who are not regular readers of this magazine it is your duty to bring it to their attention.

We are making you this month, the most generous offer ever made by any publication. We will give a \$1000.00 Accident Insurance Policy for five new subscribers. Don't neglect this opportunity. For particulars see the outside of cover page.

## Musings

By Charlotte Bright Rich

There comes each day a hundred opportunities to be kind, in which are a hundred possibilities of giving happiness or of hurting those around us. Even the tone of the voice in which we speak may give sweetest pleasure or keenest pain.

The last person one blames for ones misfortunes is ones' self.

Contentment in humanity is a rare virtue, the dwellers of cities long for the freedom and the pleasure of rural hills and quiet lanes, while the toilers of the fields sigh for the glit-

ter of the city streets and the rush and excitement of the City ways.

The most beautiful life that one can live the most ideal,—is to be content with the humble position which one occupies.

If you believe that this is an evil world and that sorrow dominates human existence—you will find it so, but if you believe that in this "world beautiful" there is more joy than sorrow, joy will come to you instead.

In the higher and better life toward which we are tending—humanity will struggle upward even to perfection.

We long for the future—we sigh for the past and pay little attention to the present, except to complain of that in it, which we do not like, until the finer and sweeter sensibilities in most of us have been blunted. It is time to arouse those sublime God-like elements which have hurt by the conflicting emotions of life, but which lie dormant in every soul.

## SMILES

## She Knows Better Now

There was a maiden scientist  
Who would not let herself be kissed;  
For kissing, as she did insist,  
The spread of microbes doth assist.  
For many years she did exist  
And never knew how much she missed.

## Sure Way to Get It

"Harry," she said, "I want a hundred dollars."

"But, my dear," he protested, "that's nearly all the cash I have on hand at the present moment and I had planned to use it to take up a bill."

"Oh, well," she returned carelessly, "if you think the man who holds the bill can make things any hotter for you than I can, why go ahead!"

Thus it happened that she got the money.

## Easy Enough to Tell

Mrs. Spenders: "I wonder what will be the popular styles in bonnets this spring?"

Mr. Spenders: "My dear, women's bonnets will be divided into two styles this spring, as usual, the style you don't like and the style I can't afford."

## Her Regular Day

Minister's little boy to widow, who has buried four husbands: "Pa sent me up to ask you if it was Wednesday or Thursday that Mr. Smith wanted him to perform the wedding ceremony. He's forgot, and didn't like to say so to Mr. Smith."

Widow.—"Wednesday, little boy."

Little Boy.—"That's what pa thought, but he wasn't sure, 'cause Thursday, he said, has always been your day for marryin'."

## He Finds the Way

If love is blind, may we not rise

With confidence and say

It is the scales upon his eyes

That helps him find the way?

## Multiply This in Your Head

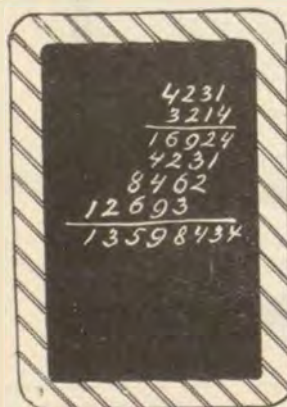
Wouldn't you like to be able to figure this and hundreds of other similar problems in your head? Wouldn't you like to be able to add, subtract, multiply, and divide any problem almost instantly without writing any partial product - to be able to simply write the answer?

## Our Free Book, "Rapid Calculation"

tells you all about a method which will make you a master of figures. It tells of a system by which you can figure instantly the most intricate sums in your head; handle groups of figures and fractions as easily as single whole figures; in fact, cut the work of figuring in two.

A better position and a large salary have come to hundreds who have read this book. If you want to better your position, to increase your salary, to make yourself worth more to yourself and your employer, to hold the whip-hand in financial transactions, to make your work easy and interesting instead of tiresome, you should write for this book at once. It will cost you nothing but the trouble of asking for it. A postal will bring it to your very door. It may cost you a good position or a valuable promotion to neglect this opportunity. Write for it to-day before you forget it. Address

COMMERCIAL CORRESPONDENCE SCHOOLS, 171 S. COM'L BUILDING, ROCHESTER, N. Y.



## A SAMPLE PACKAGE

...OF...

## Ripe Olives

*A chance to taste  
this delicious  
Fruit-Meat*

☞ We have made arrangements whereby we can send you a sample package of ripe olives anywhere in the United States or Canada that you may try the fruit, if you send fifteen cents (15c) to pay postage and cost of packing.

☞ If you have never eaten ripe olives, you should avail yourself of this opportunity.



## PRICE LIST

|                    |                 |
|--------------------|-----------------|
| 12 Quarts, \$ 6.00 | Freight prepaid |
| 24 " " 10.75       | " "             |
| 36 " " 15.00       | " "             |

All over 36 quarts, \$5.00 per dozen quarts.



...ADDRESS...

Segnogram Pub. Co.

DEPARTMENT O,

703 N. Belmont Ave., Los Angeles, Cal.

# CONSTIPATION CURED

WITHOUT  
DRUGS

NATURE'S OWN  
REMEDY

## Fruit of Eden

A NATURAL LAXATIVE

Obtained through a scientific blending of several varieties of California fruits and grains. A purely hygienic product.

The action of this fruit quickly corrects all ailments and weaknesses of the stomach and bowels and positively cures indigestion and constipation. It makes pure blood and builds up healthy tissue because it is a highly nutritive food which can be digested by the most delicate stomach. Having an agreeable flavor, it is pleasant to eat.

The results are prompt and lasting. The average case of constipation can be cured in fifteen days. Chronic cases of 20 and 30 years standing have been cured in thirty days.

If you suffer from any trouble of the stomach or bowels you should test this natural remedy. Remember it contains no drugs or chemicals of any description.

We will prepare and ship postpaid to any Postoffice in the United States or Canada, *A Fifteen Days' Treatment for One Dollar* or to foreign countries for Five Shillings, or *A Thirty Days' Treatment for Two Dollars*, to foreign countries Ten Shillings.

Address FRUIT OF EDEN CO.

1705 Kane Street, Los Angeles, California

NOTE—*The Editor can vouch for the efficacy of this fruit as a cure for constipation.*

# Are You Insured Against Accidents?

## A \$1000 Accident Policy Free

Accidents are on the increase. Official reports show that during the year ending June 30, 1904, there occurred in the United States 11,291 railroad collisions and derailments causing the death of 420 passengers and 3367 employes and injuring 8077 passengers and 43,268 employes, a total of 3787 killed and 51,343 injured on railroads alone in one year. These figures show an increase of 233 killed and 5336 injured over the preceding year.

In addition to the railroad accidents if we add the number that are killed and injured on the street cars, in elevators, by automobiles, bicycles, etc., we find a condition of death and destruction equal to that of war.

With the increase of traffic and the greater rate of speed now used by cars and other conveyances human life is constantly in danger.

Every man and woman should have some financial protection and resources to provide for his expenses in case of accident.

Desiring to give our readers the advantage of such protection we have made arrangements with the *North American Insurance Co.*, of Chicago, Ill., to issue 500 accident policies in favor of our readers, we to pay all the expense.

This is your opportunity. If you send us five new subscribers to THE SEGNOGRAM, we will give you one of these

### \$1000 Accident Insurance Policies Free of Charge.

Under the terms of these policies the Company will pay in case of accident while traveling in a railroad car, street car, steamboat, automobile, cab or passenger elevator or on a bicycle.

\$1000.00 in case of death,

500.00 for the loss of both eyes,

500.00 for the loss of both hands or both feet,

or \$5.00 per week (not to exceed six weeks) if the person is disabled and unable to attend to his regular duties.

These policies may be issued to people over 16 and under 65 years of age living in the United States, Canada, Mexico and Europe, but not in other countries.

*Don't Take Chances when you can have Insurance protection for a slight effort and without any expense on your part.*

Ask your friends to subscribe for THE SEGNOGRAM. Show them a copy and tell them you are working for an insurance policy and they will gladly do their part. After they have subscribed they can secure a policy also by sending in five subscribers.

**DON'T DELAY. DO IT NOW.**

Send all Subscriptions to The Segnoqram Pub. Co., 703 N. Belmont Ave., Los Angeles, California